

IN THE CLAIMS:

1-20. (Canceled).

21. (New) A sectional overhead garage door, comprising:

plural sections, each section of said plural sections being made of a sheet metal layer folded to form a cavity and having an insulating board carried within said cavity;

hinges for hingedly and adjacently joining said plural sections to form an overhead garage door;

guide members carried by said plural sections of said overhead garage door; and

trim boards coupled to said plural sections of said overhead garage door, each trim board of said trim boards being formed of sheet metal folded to form a cavity and having an insulating board carried within said cavity.

22. (New) The sectional overhead garage door of claim 21, wherein said each section further comprises a metal backing coupled to said insulating board.

23. (New) The sectional overhead garage door of claim 22, wherein said sheet metal abuts said metal backing.

24. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a pattern on said plural sections.

25. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a cross buck pattern on said plural sections.

26. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a half buck pattern on said plural sections.

27. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a perimeter pattern on said plural sections.

28. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a vertical pattern on said plural sections.

29. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged in a horizontal pattern on said plural sections.

30. (New) The sectional overhead garage door of claim 21, wherein said insulating board of said each section is a foamed plastic.

31. (New) The sectional overhead garage door of claim 30, wherein said plastic is polystyrene.

32. (New) The sectional overhead garage door of claim 30, wherein said plastic is polyurethane.

33. (New) The sectional overhead garage door of claim 30, wherein said plastic is polyisocyanurate.

34. (New) The sectional overhead garage door of claim 30, wherein said plastic is expanded polystyrene.

35. (New) The sectional overhead garage door of claim 21, wherein said trim boards are adhered to said plural sections.

36. (New) The sectional overhead garage door of claim 21, wherein said trim boards are clipped to said plural sections.

37. (New) The sectional overhead garage door of claim 21, wherein said sheet metal of said each section is embossed with a wood grain pattern.

38. (New) The sectional overhead garage door of claim 21, wherein said sheet metal of said each section is made of steel.

39. (New) The sectional overhead garage door of claim 21, wherein said sheet metal of said each section is made of at least 24 gauge steel.

40. (New) The sectional overhead garage door of claim 22, wherein said sheet metal backing is made of at least 26 gauge steel.

41. (New) The sectional overhead garage door of claim 21, wherein one section of said plural sections carries at least one window.

42. (New) The sectional overhead garage door of claim 41, wherein said at least one window has a curved top.

43. (New) The sectional overhead garage door of claim 21, wherein said plural sections is three sections.

44. (New) The sectional overhead garage door of claim 21, wherein said trim boards are arranged so that said overhead garage door simulates a swing garage door.

45. (New) The sectional overhead garage door of claim 21, wherein said each section is 28 inches wide.

46. (New) The sectional overhead garage door of claim 21 wherein said each trim board of said trim boards has two clips for coupling to said plural sections.

47. (New) The sectional overhead garage door as recited in claim **21**, wherein said trim board includes a face and substantially parallel legs formed along longitudinal edges of said face.

48. (New) The sectional overhead garage door as recited in claim **46**, wherein said clip comprises:

a body having a surface region and side walls along edges of said surface region;

a catch formed on one of said side walls, said catch being configured to interlock with one of said substantially parallel legs of said trim board; and

a post extending from said surface region, said post being configured to fit within a bore in said garage door panel to retain said trim board onto said garage door panel.

49. (New) The sectional overhead garage door as recited in claim **48**, wherein one of said substantially parallel legs includes an interior surface having a longitudinally oriented hem portion, and wherein said catch protrudes from said one of said side walls to interlock with said hem portion.

50. (New) The sectional overhead garage door as recited in claim **48**, wherein said catch is a first catch, said one of said side walls is a first side wall, and said clip further comprises a second catch along a second one of said side

walls, said second one of said side walls is a second side wall that is located on an opposing edge of said surface region from said first side wall, and said second catch is configured to interlock with the other of said substantially parallel legs of said trim board.

51. (New) The sectional overhead garage door as recited in claim **48**, wherein said catch comprises a rib element longitudinally aligned with and extending from said one of said side walls.

52. (New) The sectional overhead garage door as recited in claim **51**, wherein said rib element is a first rib element, and said catch further comprises a second rib element extending from a second of said side walls.

53. (New) The sectional overhead garage door as recited in claim **52**, wherein said second rib element is positioned substantially parallel to said first rib element.

54. (New) The sectional overhead garage door as recited in claim **48**, wherein said bore in said garage door panel is defined by a perimeter edge, and said clip further comprises flange elements laterally extending from said post, wherein said flange elements are configured to interconnect with said perimeter edge.

55. (New) The sectional overhead garage door as recited in claim **48**, wherein said one of said side walls is a first side wall, and wherein said side walls of said body further comprise a second side wall and a third side wall, said first and third side walls being located along opposing edges of said surface region, and said second side wall extending between said first and third side walls, wherein said clip further comprises an arm extending from said second side wall.

56. (New) The sectional overhead garage door as recited in claim **55**, wherein said arm is located proximate an intersection edge between said first and second side walls.

57. (New) The sectional overhead garage door as recited in claim **56**, wherein said catch comprises a rib element longitudinally aligned with and extending from each of said first side wall and said arm.

58. (New) The sectional overhead garage door as recited in claim **55**, wherein said arm is a first arm, and said clip further comprises a second arm extending from said second side wall.

59. (New) The sectional overhead garage door are recited in claim **58** wherein said first arm is located proximate a first intersection edge between said first and second side walls, and said second arm is located proximate a second intersection edge between said second and third side walls.

60. (New) The sectional overhead garage door as recited in claim **59** wherein said catch comprises a first rib element longitudinally aligned with and extending from each of said first side wall and said first arm, and said clip further comprises a second catch configured to interlock with the other of said substantially parallel legs of said trim board, said second catch comprising a second rib element longitudinally aligned with and extending from each of said third side wall and said second arm.

61. (New) An sectional overhead garage door, comprising:

a garage door panel; and

a trim board that is clipped to said garage door panel, wherein said trim board includes an insulating foam board and a channel member having a face, an interior cavity, and substantially parallel legs, wherein said substantially parallel legs are formed along longitudinal edges of said face, and wherein said insulating foam board is seated in said interior cavity.

62. (New) The sectional overhead garage door as recited in claim **61**, wherein said trim board is clipped to said garage door panel through the use of a clip, comprising:

a body positioned in said interior cavity of said channel member, said body having a surface region and side walls along edges of said surface region;



a catch formed on one of said side walls and interlocked with one of said substantially parallel legs of said channel section; and

a post extending from said surface region, said post being configured to fit within a bore in said door section to retain said trim board onto said door section.

63. (New) The sectional overhead garage door as recited in claim **62**, wherein said surface region is an outer surface region, said body further including an inner region, said channel member further including an interior side, and wherein said inner region is coupled to said interior side using an adhesive.

64. (New) The sectional overhead garage door as recited in claim **62**, wherein said clip further comprises an arm extending from a second one of said side walls, said second one of side walls being arranged substantially perpendicular to said first one of said side walls, and wherein said arm includes a distal end, said channel member including a closed end, wherein said distal end abuts said closed end.

65. (New) A sectional overhead garage door, comprising:  
plural sections, each section of said plural sections being made of a sheet metal layer folded to form a cavity and having an insulating board carried within said cavity and a sheet metal backing coupled to said insulating board, said sheet metal layer abutting said sheet metal backing;

hinges for hingedly and adjacently joining said plural sections to form an overhead garage door;

guide members carried by said plural sections of said overhead garage door; and

trim boards coupled to said plural sections of said overhead garage door applied in a pattern to simulate a swing door.

66. (New) The overhead sectional garage door as recited in claim 65, wherein said sheet metal layer is at least 24 gauge steel.

67. (New) The overhead sectional garage door as recited in claim 65, wherein said sheet metal backing layer is at least 26 gauge steel.

68. (New) The overhead sectional garage door as recited in claim 65, wherein said plural sections is three sections.